

## How Can Guided Imagery Help Migraine Sufferers?

Guided Imagery is a technique that guides your thoughts and senses toward a relaxed, focused state. When practiced regularly, it is an effective mind-body approach to aid in reducing stress, pain and muscular tension.

The benefits of using guided imagery to help with migraines may include:

- Increased relaxation of muscle tension in the neck, shoulders, and head
- Reduced swelling of blood vessels in the head
- Decreased severity of migraine pain

### Preparing to Practice Guided Imagery

We recommend using the podcast, *Guided Imagery for Migraine Relief*, on a regular basis (daily is ideal) to help manage stress and tension that can contribute to the onset of a migraine. Take the following steps to ensure your experience is the best it can be.

- Be sure to find a **quiet, comfortable place** where you will not be interrupted.
- Turn down any lights in your room to help create a **darker, more relaxed space**.
- **Be comfortable!** If possible, lie down and place a rolled blanket underneath the knees to support and relax the lower back. Place an additional blanket, folded once under the head and neck to help support and relax the neck muscles.



### Additional Resources for Managing Migraines

**Free Migraine teleclass:** Learn more about migraine management and prevention in a 4-session class, taught over the phone. This teleclass will allow you to:

- Speak with an **expert instructor** and pharmacist about your migraine history and symptoms.
- Hear from **other participants** about their experience with migraines and gain support in a group atmosphere.
- Create an **action plan for improving your health** and, most importantly, feeling better in mind and in body.

**Enroll now!** Call **(800) 445-5747** or email: [health@hpmg.com](mailto:health@hpmg.com) to sign up. Or register online at [www.hillphysicians.com](http://www.hillphysicians.com), where you can also find additional Relaxation Podcasts, videos, supplemental downloads, tips on a variety of health topics, and more.

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